

Activity Ideas

adult edition

ORGANIZE:

- CREATE A DAILY SCHEDULE
- ORGANIZE A ROOM/AREA OF YOUR HOME
- DONATE UNUSED CLOTHES
- EDIT/ORGANIZE PHOTOS ON YOUR PHONE
- CHANGE OUT YOUR DISPLAYED PHOTOS
- SHRED OLD FILES/PAPERWORK
- DECLUTTER YOUR DESKTOP/PHONE/IPAD
- CHOOSE A ROOM AND START SPRING CLEANING

CREATE:

- WRITE A SHORT STORY
- DO SOMETHING CREATIVE
- RE-STYLE/ORGANIZE A BOOKSHELF
- CREATE NEW ART TO DISPLAY
- WRITE A LETTER
- PUT TOGETHER A PUZZLE
- HAVE AN INDOOR PICNIC

LEARN:

- FIND A NEW PODCAST
- DOWNLOAD AND LISTEN TO AN AUDIOBOOK
- READ A BOOK
- LEARN TO PLAY CHESS
- TAKE A FREE ONLINE COURSE
- LEARN A NEW SKILL
- LEARN TO PLAY AN INSTRUMENT
- LEARN TO SPEAK A FOREIGN LANGUAGE
- PLAY A NEW CARD GAME
- FIND A NEW NETFLIX/PRIME SERIES
- WATCH A TED TALK
- GO TO A VIRTUAL MUSEUM (THE MET/ LOUVRE)
- RESEARCH YOUR FAMILY TREE

MAKE:

- START A COMPOST PILE
- MAKE A SOURDOUGH STARTER
- BAKE SOMETHING FROM SCRATCH
- PLANT SEEDS FOR YOUR GARDEN
- TRY A NEW RECIPE WITH WHAT YOU'VE GOT

MOVE:

- CREATE A WORKOUT SCHEDULE
- STRETCH FOR 10 MINUTES
- SET A FLEXIBILITY GOAL
- GO FOR A WALK
- WORKOUT OR MOVE YOUR BODY
- DO 10 MINUTES OF EXERCISE
- DO SOME YOGA
- PRACTICE A NEW SKILL (HANDSTANDS/PULL-UPS)

RECHARGE:

- CHECK IN WITH YOURSELF (HOW ARE YOU COPING?)
- GET OUTSIDE
- TAKE A NAP
- SIT IN THE SUNSHINE
- CREATE YOUR OWN SPA EXPERIENCE
- DOWNLOAD A MEDITATION APP
- DISCOVER NEW MUSIC
- WRITE IN YOUR JOURNAL
- TURN OFF THE NEWS
- START A SOCIAL DETOX

CONNECT:

- FACETIME A FRIEND OR FAMILY MEMBER
- CHECK IN WITH FAMILY/FRIENDS/NEIGHBORS
- START A VIRTUAL BOOK/MOVIE CLUB
- SHELTER A PET